

ECHO OUTLAWZ



Echo Detachment
502d Personnel Services Battalion
4th Infantry Division (Mechanized)



Echo Family Readiness Group
Official Newsletter

February 2005

Volume I, Issue I



Commander's
Corner

The purpose of this newsletter is to provide information to our Family Readiness Group (FRG) while in Garrison and Deployed. During periods of non-deployment, the FRG provides a support and communication network for families and prepares them for the soldier's absence during deployment. This Newsletter can be a great way to put out information to family members and inform them of recent or upcoming events. Soldiers and family members are encouraged to provide input to both the form and content of this newsletter. Soon, this newsletter will capture important family events like weddings, births, anniversaries, etc. Pictures will be included as space permits. One way to keep the FRG informed on key dates is the Upcoming Event's section. This shows all scheduled training for at least the next 6 weeks.

Thank you,
CPT Gerald Galan

In this issue:

- Page 1 Commander's Corner/FRG Leaders Corner
- Page 2 STT and Scheduled Events
- Page 3 Family Highlights/Soldier Highlights
- Page 4 Recipe of the month/Helpful Phone #s



FRG Leader's
Corner

Some initial goals are necessary to start an FRG, but the program should be flexible and able to adapt to changes as they occur. Programs should be tailored to the needs and wants of family members of the unit. Occasionally a reevaluation or readjustment of goals may be necessary. Success of any FRG depends on family members interacting with each other and with unit representatives on a regular basis. This interaction creates the network that identifies and helps solve family concerns and issues. By managing an FRG and interacting within a unit, family members actually become an important and integral part of that unit's activities. Family members should be given the opportunity to belong, to make significant contributions, and to fill significant and satisfying roles within their community.

Thank you,
Sabina Galan

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Sergeants Time
Training (STT)

Leader's Reaction Course

This course provides the Forward Area Support Team (FAST) Leaders an opportunity to train and build their respective team. The LRC was a success and FAST Leaders now have the necessary tools to build the cohesion within the team.



Scheduled Events

| | |
|----------|---|
| 11 FEB | Land Navigation Course |
| 11 FEB | Valentines Ball Phantom Warrior Center 1800 |
| 14 FEB | Valentines Day |
| 17 FEB | Perform Duties as Convoy CDR/Troop Leading Procedures |
| 18 FEB | Training Holiday |
| 21 FEB | President's Day |
| 24 FEB | FRG Meeting (Legal) 1800 Bldg 37007 (Old Ironside and 75 th ST.) |
| 25 FEB | Convoy Operations/ IED Training |
| 4 MAR | M-16 Range/FTX Preparation |
| 11 MAR | Convoy Simulation Center |
| 17 MAR | Engagement Skills Training |
| 18 MAR | Training Holiday |
| 25 MAR | FTX Preparation |
| 28-1 APR | FTX |
| 8 APR | Leaders Reaction Course |
| 15 APR | Training Holiday |
| 15 APR | Income TAX Due |

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Family Highlights

• **Birth Announcements:**

Anthony Valenzuela ~ 7lb 2oz & 19" on 13 DEC 04

Ramiah Boyd ~ 7lb 15oz & 19.5" on 3 DEC 04

• **Birthday and Anniversaries:**

SGT Ramirez 10 FEB

• **Miscellaneous**

The Fort Hood Tax Center is now open. Location Bldg# 50001 (Shared building with the Clear Creek commissary) phone # 287-3294. The hours are Tuesday-Saturday from 1000-1800. The Tax Center is open on training holidays **but will close on the Saturday following a training holiday.**



Soldier Highlights

• **Promotions**

SFC Barnes
SGT Boyd
SGT Campbell
SGT Deharo
SPC Guy

• **ECHO SOLDIERS RE-ENLIST AND STAY ARMY!**

Congratulation to the following soldiers on their re-enlistment!

SGT Gordon 4th UofA

• **Hails!**

We welcome into the ranks of the Outlawz the following families:

PV2 & Mr. Peppers from basic training and AIT.

PV2 Johnson from basic training and AIT.

PV2 Jackson from basic training and AIT.

• **Farewells!**

With a heavy heart we wish the following families farewell as they move on from Echo Detachment, 502d PSB.

SSG Hunt & CW2 Lee—PLDC instructor @ Fort Hood, TX.

SPC & Mr. Rabaina—ETS

SPC Scott—Afghanistan

SPC Thomas—ETS

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Recipe of the Month

HUNGRY JACK BISCUIT TACO

1 (16-ounce) jar old El Paso taco sauce
1 (12-oz.) can hungry jack biscuits
4 oz. (1 cup) shredded cheddar cheese
4 oz. (1 cup) shredded mozzarella cheese
1 can sliced ripe olives, drained
 $\frac{1}{2}$ lb. Lean ground beef
 $\frac{1}{4}$ cup chopped red and green bell peppers each.
1 (4-oz) can mushrooms, drained

Heat oven to 400 degrees. Spread taco sauce in bottom of baking dish. Separate dough into 10 biscuits, cut each biscuit into 4 pieces. Place pieces into baking dish coat with taco sauce. Sprinkle top with $\frac{1}{2}$ cup each cheddar and mozzarella cheese, and olives, mix gently. Bake at 400 degrees for 15 to 18 min. combine ground beef, bell peppers and mushrooms in skillet, cook over medium high heat until cooked, drain. Sprinkle remaining $\frac{1}{2}$ cup cheese over biscuit mixture top with ground beef mixture. Bake and additional 5 to 7 min.



Helpful Phone Numbers

- CPT Galan 287-4806
- CW2 Frittz 287-5970
- SFC Smalls 287-4522
- Mrs. Galan 699-1728
- Army Community Service 287-4227
- Army Emergency Relief 287-2489
- American Red Cross 287-0400
- Child Youth Services 288-3865
- Chaplains Crisis Line 287-CHAP
- Family Assistance Center 288-7570
- Lane Volunteer Center 288-5156
- Military Police (M.P.'s) 287-2176/2177
- Tax Center 287-3294
- TriCare Appointments 288-8888